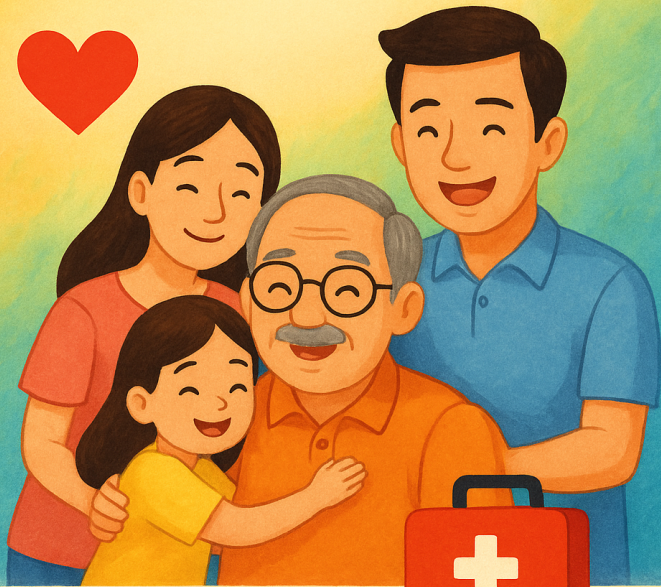


Health and Wellness Together

健康与幸福同行



This book is for love and care
这本书为了表达爱心和关怀

Inspired by Ellery 黄靖恩
Author Goh Ah Fook 伍祥福

致敬两位伟大的母亲

My mother, 符菊梅, had no formal education, never complained, and silently raised five children with strength and grace. She inspired me to live honestly and help others — values that guide this book.

我母亲 符菊梅 没有受过正式教育，无怨无悔，默默抚养五个孩子。她以坚韧与宽容启发我做人要诚实、助人为乐，这也是本书的精神所在。

My mother-in-law, 苏金端, generously offered me free board and lodging during my overseas technical studies. Her selfless support laid the foundation for my career. I always remember to “drink water and think of its source” (饮水思源).

我岳母 苏金端 在我异地求学时，慷慨提供食宿之恩，成就了我的事业起点。饮水思源，感恩不忘。

This book is dedicated to them —
with love, respect, and the hope that it may
inspire others to do good and support those in
need.

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Disclaimer & Acknowledgement / 免责声明与致谢

This book was independently created by Mr. Goh Ah Fook (伍祥福), age 84, based on his own ideas, personal experiences, creativity, and bilingual writing. All contents — including health tips, stories, jokes, and translations — were authored and edited by him.

本书中的所有健康贴士、故事、笑话与双语翻译均由作者亲自构思与编辑。

Cartoon images were created with the help of AI ChatGPT (OpenAI), while all paintings were personally created by the author.

卡通图像由人工智能 ChatGPT (OpenAI) 协助生成，所有画作则由作者亲手绘制。

Special thanks to AI ChatGPT (OpenAI) for assisting in the organization, enhancement, and bilingual formatting of this book.

特别感谢人工智能 ChatGPT (OpenAI) 在本书结构、内容优化与双语编排上的技术协助。

The author affirms that all content, organization, and purpose of this book are entirely his own.

作者声明，本书所有内容、结构与目的均为其个人原创。

Goh Ah Fook 伍祥福 2025.04.29

Acknowledgement and Thank You



Thank you, Ellery, my 8-year-old granddaughter, for your love and encouragement. When you said, "I do not have money, but I can draw to help the children," you touched my heart. Your beautiful drawings now live in this book to inspire others.

Sincere gratitude to my teachers from: Singapore College of Chinese Medicine 新加坡中药学院, Singapore

Institute of Chinese Medical Studies 新加坡中医学研究院, and Beijing University of Chinese Medicine 北京中医药大学, for teaching me the deep foundations of TCM and nurturing my lifelong passion.

Warm thanks to AI ChatGPT and OpenAI for generously guiding me through writing and organizing this book.

And lastly, to my family and friends, thank you for your support, love, and faith in this journey of care and wellness.

感谢我八岁的外孙女 Ellery, 你的鼓励让我感动。你说: “我没有钱, 但我可以画画来帮助小朋友。”你的话深深打动了。你的美丽画作已成为本书的一部分, 激励着许多人。

衷心感谢我的老师们来自: 新加坡中药学院、新加坡中医学研究院、以及 北京中医药大学, 他们教会我深厚的中医学基础, 并点燃了我对中医的终身热情。

感谢 ChatGPT 与 OpenAI 慷慨地引导我完成本书的撰写与整理。

最后, 献上我对 家人和朋友 的深深谢意, 感谢你们一路上的支持、关爱与鼓励, 让这本书得以圆满完成。

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Preface 前言

Health and Wellness Together was born out of love — love for life, for family, and for those who strive to live better each day. At the age of 84, I have come to understand that health is not only a personal journey, but a gift we can share to uplift others.

This book is my humble attempt to pass on what I've learned through the years — a collection of simple stories, health tips, light-hearted jokes, and heartfelt drawings. They are not from textbooks, but from real moments, personal reflections, and quiet conversations with people I've met along life's path.

I hope each page brings a small smile, a new thought, or a moment of comfort to you, especially if you're caring for a loved one or finding your own way to stay well.

Though many stories are personal, they are shared with love and hope — that others may relate, reflect, and find something useful in their own lives. Even simple experiences, offered sincerely, can bring warmth, wisdom, and strength.

With gratitude and hope,

Goh Ah Fook Singapore, 29 April 2025

《健康与幸福同行》一书，源于一份爱——对生活的热爱，对家人的关怀，以及对每一位努力过好每一天的人的敬

意。今年我84岁，深刻体会到，健康不仅是个人的旅程，更是一份可以用来关爱他人的礼物。

这本书是我诚挚的尝试，想要把这些年来的体会与感悟传递下去——通过简单的故事、健康贴士、轻松笑话与温馨图画，记录那些虽非出自教科书却真实动人的片段。这些内容源于生活、来自体会，也许平凡，却饱含真心。

我希望，每一页都能为您带来一丝微笑、一点启发，或一份温暖。无论您是长者、照护者、或正在努力寻找健康之路的人，都能在这里找到陪伴。

虽然许多内容源自个人经历，但我怀着一颗感恩与希望之心与大家分享。愿这些经历，能引起共鸣，带来思考，并在他人生命中起一点正面的作用。简单的经验，只要真诚分享，就能传递温暖、智慧与力量。

谨以此书，感恩与祝福。

伍祥福 2025年4月29日，新加坡

Audio Messages | 语音陪伴

Record on Phone:

Use Voice Memos (iPhone) or Recorder (Android). Say:

- “Time for your medicine.”
- “Today’s health tip.”
- “You’re not alone.”

用手机录音：

打开录音功能，说：

- “记得吃药。”
- “健康小贴士。”
- “我在陪你。”

Send by WhatsApp:

Tap Share → WhatsApp. Caregiver just taps to play.

用 WhatsApp 发送：

分享录音给看护人，一点即可播放。

Audio Link / QR Code:

www.tinyurl.com/YourAudio

扫码收听:

[QR code here]

DAY 1

1. Health Tip 健康小贴士

Start your day with a cup of warm water —it wakes up your digestion, hydrates your body and gently boosts circulation .

每天清晨喝一杯温水，有助于唤醒消化，补充水份，促进血液循环。

2. Joke of the Day 今日笑话

Why did the banana go to the doctor? Because it wasn't peeling well!

为什么香蕉去看医生？

因为它“皮”得不太好！

3. Challenge Story 挑战小故事

Uncle Lim always skipped breakfast and felt dizzy by noon. One day, he decided to try something new: wake up earlier, do 5 minutes of gentle stretching, and eat a small but healthy breakfast. After a week, he felt more alert and even joked more during lunch.

林叔叔常常不吃早餐，中午就感到头晕。

有一天，他决定尝试新方法：早点起床，拉筋五分钟，再吃一份简单营养的早餐。

- 一周后，他精神好多了，午餐时间还多讲笑话呢！

4. Daily Challenge 每日挑战

Before coffee, try a cup of warm water every morning this week. Notice how your body responds.

在喝咖啡之前，这一周每天早晨先喝一杯温水。注意观察你的身体有何反应。

5. One-Minute Wisdom

“Health is not just about what you eat. It’s also about what you think, say, and do.”

A gentle reminder to nurture both body and mind.

6. Did You Know?

Your heart beats around 100,000 times a day.

Take a moment to thank it by breathing calmly and smiling today.

7. Kindness Chain

Text someone a sincere “Thank You” or “Take care today.”

Small words, big warmth.

5. 一分钟智慧

“健康不仅是吃得对，更是想得正、说得好、做得善。”

温柔提醒：身心一起照顾，才是真正的养生。

6. 你知道吗？

你的心脏每天大约跳动10万次。

今天请深呼吸、微笑，感谢它的努力。

7. 温情接力。

发一条“谢谢你”或“保重”给某人。

短短几字，传递温暖。

8.Audio | 语音

Paste your daily audio recording here请在此粘贴每日语音录音【Blue link / QR 链接】Daily: medicine, health, gentle voice每日服药、健康,温心问候。



A joyful group of children in red and white uniforms play together at a colorful playground. One boy is happily swinging while many girls smile and slide down a bright orange spiral slide under the shade of green trees.

一群穿着红白制服的快乐儿童在多彩的游乐场上玩耍。一个男孩在秋千上开心地荡着，许多女孩笑着从明亮的橙色旋转滑梯上滑下，绿树成荫，气氛温馨欢乐。

DAY 2

1. Health Tip 健康小贴士

Take a few deep breaths in the morning — it clears your mind, calms your heart, and energizes your body.

清晨深呼吸几次，有助于清醒头脑、平稳心跳、唤醒身体。

2. Joke of the Day 今日笑话

Why don't eggs tell secrets?

Because they might crack up!

为什么鸡蛋不讲秘密？

因为它们会“裂开”！

Bonus Joke:

Uncle Lim bought “smart glasses” that claim to make anyone look intelligent.

He wore them to the office.

Boss: “You look sharp today!”

Uncle Lim: “It's the glasses. They cover my confused face!”

林叔叔买了副“智能眼镜”，老板说他看起来聪明，他笑说：“是眼镜啦！刚好遮住我糊涂的脸。”

3. Wellness Story 健康故事

The Secret of the Slow Spoon

Retired teacher Mrs. Tan never rushed — not eating, walking, or thinking. “When you slow down,” she said, “you let your body catch up with your spirit.” Her neighbors now enjoy “slow spoon moments” each day.

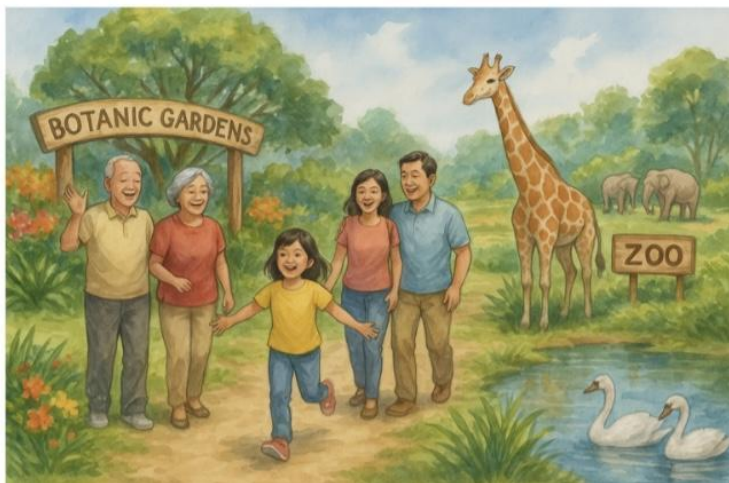
慢勺子的秘密：陈太太凡事慢慢来。她说：“慢下来，身体才能追上心灵。”现在邻里也都学她，每天抽5分钟做一件事，慢慢来。

4. Daily Challenge 每日挑战

Try a 5-minute silent tea break today. No phone, no talk—just you and your cup.

今天试试一个 5 分钟的静心茶歇。

5. Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录【Blue link / QR 链接】



A joyful family outing illustration shows three generations walking together between the Botanic Gardens and the Zoo. The young girl leads with excitement, surrounded by smiling parents and grandparents. In the background, giraffes, elephants, and swans complete the cheerful, nature-filled setting.

这幅欢乐的插画描绘了一家三代在植物园与动物园之间散步的温馨场景。一个小女孩兴奋地在前方奔跑，父母和祖父母笑容满面地跟随其后。背景中长颈鹿、大象和天鹅营造出充满自然气息的快乐氛围。

DAY 3

1. Health Tip 健康小贴士

Stand and stretch every hour. It improves blood flow, eases muscle tension, and refreshes your focus.

每小时站起来伸展一分钟，有助于血液循环，缓解肌肉僵硬，提神醒脑。

2. Joke of the Day 今日笑话

Why don't skeletons fight each other?

Because they don't have the guts!

为什么骷髅不会打架？

因为它们没有“胆”！

3. Wellness Story 健康故事

The Gratitude Notebook

Mr. Rahman started writing down 3 good things each night during recovery: a smile, warm porridge, the sound of rain. After 2 weeks, he slept better and spoke more kindly.

感恩笔记本：拉曼先生康复时每天写3件开心的小事。他说，感恩让他看见生活中的美好。

4. Daily Challenge 每日挑战

Write down three things you're thankful for today — no matter how small.

写下你今天感恩的三件事。

5. Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】Daily: medicine, health, gentle voice. 服药, 捐康, 温柔语音。



Morning Moves, Lifelong Strength 清晨运动，健康长久

Elders doing light stretches in the HDB park. Moving together strengthens not just the body but the community.

长者在组屋公园晨练，强身健体，也凝聚人心

DAY 4

1. Health Tip 健康小贴士

Chew your food slowly — about 20 times per bite. It helps digestion, prevents overeating, and improves enjoyment.

每口食物咀嚼约20次，有助于消化、避免暴饮暴食，也让用餐更有滋味。

2. Joke of the Day 今日笑话

What do you call cheese that isn't yours?

Nacho cheese!

什么奶酪不是你的？

“哪吒奶酪”！（音似 “Not Your Cheese”）

3. Wellness Story 健康故事

The Cup that Changed Habits

Mdm Tan used to drink 3 cups of sweet milk tea daily. Doctor advised her to cut one. She switched to chrysanthemum tea, felt lighter, and smiled, "One small change brought me back control."

改变习惯的一杯水：陈太太改掉甜饮习惯，从奶茶改喝菊花水，精神变好，体重也降了。

4. Daily Challenge 每日挑战

Replace one sugary drink today with plain water or unsweetened tea.

今天用白开水或无糖茶替代一杯含糖饮料。

5. Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】Daily: medicine, health, gentle voice. 每日：服药、健康、温柔语音。



Two joyful children run across a sunny field. The boy flies a red kite, and the girl runs beside him with arms outstretched, both full of laughter.

两个快乐的孩子在阳光下的草地上奔跑。男孩放着一只红色风筝，女孩张开双臂在旁边奔跑，笑声洋溢。

DAY 5

1. Health Tip 健康小贴士

Drink enough water — aim for 6 to 8 cups a day. It helps concentration, digestion, and keeps joints moving.

每天喝6至8杯水，有助于专注力、消化、关节健康。

2. Joke of the Day 今日笑话

Why did the faucet break up with the sink?

Because it felt drained!

水龙头为什么和水槽分手？

因为它“厌倦了”（被“排干”了）！

Bonus Joke:

Uncle Tan proudly showed off a string tied to his wrist.

Friend: “Eh, what’s this?”

Uncle Tan: “Every time I trip on it, I remember to stretch!”

Friend: “Next time tie one to your ankle — maybe you’ll run!”

陈叔叔展示手腕上的绳子：“我每次被绊到就记得要伸展！”朋友笑说：“那绑脚上你会开始跑咯！”

3. Wellness Story 健康故事

The String That Changed Uncle Tan

Uncle Tan sat too long at his kopi stall and had back pain. His grandson tied a string to his wrist. Every time it brushed his hand, he remembered to move. One month later, no more back pain!

陈叔叔的那根绳子：他长时间久坐导致背痛，绑绳子提醒他活动。一个月后，腰不痛了！

4. Daily Challenge 每日挑战

Set a timer to stand up and stretch once every hour today. Add deep breathing while you stretch.站起来，伸懒腰，深呼吸！

5. Bonus Topic: Healthy Posture When Using the Phone or Reading.

Keep your head upright and bring the phone or book up to eye level. Avoid bending your neck downward for long periods—it strains your spine and weakens digestion.

使用手机或阅读时，请抬高至眼平线，保持头部正直。避免长时间低头，这会压迫脊椎并影响消化功能。

6. Bonus Topic: Warm Water Habits — What TCM and Science Agree On

Drinking warm water in the morning helps wake up the stomach, flush out waste, and stimulate metabolism. Cold water slows digestion and weakens energy.

早晨饮用温水能唤醒胃气、排出宿便、激活新陈代谢。冷水则会阻碍消化、削弱阳气

7. Bonus Topic: One-Minute Eye Relaxation Technique

Rub palms warm, gently cup them over closed eyes (no pressure), and breathe deeply for 30 seconds. Repeat twice to relax eye muscles and soothe tension.

双手搓热后，轻轻覆盖在闭上的双眼上（不压迫），深呼吸30秒，重复两次，可放松眼肌、舒缓疲劳。

8.Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】Daily: medicine, health, gentle voice. 每日：服药、健康、温柔语音。

Colorful Foods, Powerful Health



多彩食物，健康之源

A vibrant display of fruits and vegetables — including watermelon, carrots, spinach, blueberries, and peppers — highlights the message: “Colorful Foods, Powerful Health.”

一幅充满活力的水果蔬菜图画，包括西瓜、胡萝卜、菠菜、蓝莓和甜椒，传递出“多彩食物，健康之源”的理念。

DAY 6

1. Health Tip 健康小贴士

Sleep early and wake early. Your body repairs best before midnight. Aim for 7 hours of restful sleep.

早睡早起，身体在午夜前修复最有效，每晚至少睡7小时。

2. Joke of the Day 今日笑话

Why did the bird tie a string to its leg?

To remember to fly south!

鸟儿为什么绑绳子在脚上？

提醒自己要飞南方！另一只鸟说：“可是……我们已经在新加坡啦！”

3. Wellness Story 健康故事

Ah Ma's Market Basket

Ah Ma skips instant noodles and chooses natural foods — spinach, tofu, tomatoes, and brown rice. Her motto? “Eat food with no labels.”

阿嬷的菜篮子：她只买天然食材，坚持“吃没有标签的食物”，比年轻人还有活力！

4. Daily Challenge 每日挑战

Choose one meal today and replace processed food with something natural — like fruit or whole grains.

今天一餐用天然全食取代加工食品。

5. Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】Daily: medicine, health, gentle voice. 每日: 服药、健康、温柔语音。

Illustration & Caption

Still Mountains, Flowing Peace
山不动，心自安

A river flows calmly under golden light.
Just like nature, wellness grows in
stillness and balance.

金色夕阳下，河水缓缓流淌——健康在静中
生长。



Still Mountains, Flowing Peace 山不动，心自安

A river flows calmly under golden light. Just like nature,
wellness grows in stillness and balance.

金色夕阳下，河水缓缓流淌——健康在静中生长。

DAY 7

1. Health Tip 健康小贴士

Eat colorful vegetables — red, green, orange, purple. A rainbow plate means a healthy plate.

多吃五颜六色的蔬菜，每种颜色代表不同营养。

2. Joke of the Day 今日笑话

Why did the tomato blush?

Because it saw the salad dressing!

西红柿为什么脸红？

因为它看到沙拉在“穿衣服”！

Bonus Joke:

Neighbor: “Wah, Uncle Lee! Sunbathing with an umbrella?”

Uncle Lee: “Of course! I only download the safe version of Vitamin D!”

邻居：“哇，李叔叔你打伞晒太阳？”

李叔叔：“当然，我下载的是安全版的维生素D！”

3. Wellness Story 健康故事

Auntie Lina's Colourful Plate

She used to eat only white rice and eggs. After a health talk, she added vegetables. Her neighbor said, "Wah, your plate looks like art!"

莉娜阿姨的盘子：她原本饮食单调，如今色彩缤纷，她说：“健康也可以很美。”

4. Daily Challenge 每日挑战

At lunch or dinner, add at least 3 vegetable colors.

Bonus: take a photo and share with a friend.

加入至少三种蔬菜颜色，拍照并与朋友分享

5. Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】Daily: medicine, health, gentle voice. 每日：服药、健康、温柔语音。



vivid watercolor painting of a traditional Chinese temple on Telok Ayer Street, surrounded by lush greenery and blue sky, capturing the charm of Singapore's heritage.

这是一幅生动的水彩画，描绘了位于直落亚逸街的一座传统华庙，周围绿树成荫，蓝天映衬，展现了新加坡丰富的文化遗产魅力。

WEEKLY WELLNESS CHECKLIST

每周健康打卡表

		M	T	W	T	F	S
1	Drank enough water 喝足水						
2	Laughed or smiled 笑了						
3	Moved or stretched 活动身体						
4	Ate fruits & veg 吃蔬果						
5	Kind thought or words 好念头或说话						
6	Rested eyes & deep breath 休息眼睛深呼吸						
7	Kept good posture 享受当下						
8	Thanked my body 感谢身体						



**Uncle Al takes care of
your wellness!**

健康从一点一滴开始, 关心您, 以及关心您的人

(Fold it, carry it. tick it — small habits, big difference!)

(每天打个勾, 喝杯水, 笑一笑, 让身体和心灵都开心!)

DAY 8

1. Health Tip 健康小贴士

Spend 10 minutes in the sun each morning. It boosts Vitamin D, mood, and regulates sleep.

每天早上晒太阳10分钟，有助于合成维生素D、提升情绪、调节睡眠。

2. Joke of the Day 今日笑话

Why did the sun go to school?

To get a little brighter!

太阳为什么去上学？

因为它想变得“更亮”！

Bonus Joke:

Doctor: “Remember: You have an upset stomach. It doesn't have you!”

Patient: “So... I'm still the boss?”

医生：“你是肚子不舒服，不是肚子控制你！”

病人：“那我还是老大咯？”

3. Wellness Story 健康故事

Uncle Lee's Water Habit

Uncle Lee drank only one kopi a day and often felt dizzy. His niece gave him a tumbler and said, "Water is fuel." Now he sips all day and says, "My brain is less foggy!"

李叔叔的水瓶：他常头晕，侄女送他水瓶提醒他多喝水。现在他精神更好，脑子清晰多了！

4. Daily Challenge 每日挑战

Drink 6–8 cups of water today. Bonus: Use a marked bottle or timer to remind yourself.

今天请喝六到八杯水。可使用水瓶刻度或定时器。

"Each sunrise brings a new chance — to move, to smile, to be kind."

A golden sunrise reminds us to begin each day with calm, breath, and gratitude.

"每一个日出，都是新的开始。"

晨光温柔，唤醒身体，也唤醒善意

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A cheerful elderly man practices tai chi in the park, with a smiling cat beside him playfully mimicking his pose under clear skies and green trees.

一位快乐的老人在公园里练太极，身旁一只笑咪咪的猫咪开心地模仿他的动作，蓝天绿树映衬出轻松愉快的氛围。

DAY 9

1. Health Tip 健康小贴士

Laughter reduces stress, boosts immunity, and strengthens the heart.

笑能减压、增强免疫力、保护心脏，是天然的良药。

2. Joke of the Day 今日笑话

Wife: "Day 9 of my healthy diet... Why do I look 9 months pregnant?"

Husband: "Maybe the fridge is pregnant too. You've been feeding it at midnight!"

妻子：“健康饮食第9天……我怎么像怀孕9个月？”

丈夫：“可能冰箱也怀孕了，你半夜一直喂它吃东西！”

3. Wellness Story 健康故事

Uncle Lim's Walking Habit

He used to say, "I'm too old to exercise." But one day he walked 15 minutes to the kopitiam and back. Then the market. Now, he walks every morning with a towel and slippers!

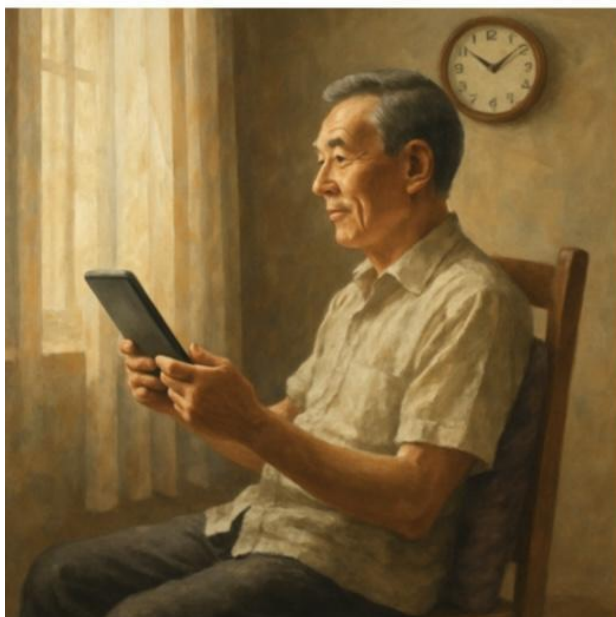
林叔叔的早晨步行：他以前不运动。现在每天早上走30分钟，还带毛巾和旧拖鞋。他说：“是腿带我走，不是脑袋！”

4. Daily Challenge 每日挑战

Try to walk for at least 20 minutes today — indoors or outdoors. Just move.

今天尽量步行20分钟。慢慢走就好，不用快

5. Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】 Daily: medicine, health, gentle voice. 每日：服药、健康、温柔语音。



An elderly man sits peacefully by a sunlit window, holding a tablet with gentle focus. A clock on the wall

shows 4:10, capturing a quiet moment of learning or reflection.

一位老人安静地坐在阳光洒落的窗边，专注地看着手中的平板电脑。墙上的时钟显示四点十分，画面宁静而富有思考气息

DAY 10

1. Health Tip 健康小贴士

Keep moving — walking, sweeping, or stretching helps your blood, digestion, and joints.

每天动一动，促进循环、帮助消化、保护关节。小动作，大好处。

2. Joke of the Day 今日笑话

Why did the broom get a promotion?

Because it was always sweeping up success!

扫帚为什么被升职？

因为它总在“扫出”成功！

Bonus Joke:

Grandpa said he'd walk the dog.

Turns out the dog took Grandpa for a run!

爷爷说带狗散步，结果狗带爷爷去跑步！

3. Wellness Story 健康故事

Dinosaur Hunting with Gong Gong

Uncle Lim's grandson said, "Let's hunt dinosaurs!" He followed around the block — and walked more than he had in years. Now they hunt dinosaurs every evening.

抓恐龙的游戏：孙子带林叔叔“抓恐龙”，结果一圈走下来成了最佳锻炼！

4. Daily Challenge 每日挑战

Walk 20 minutes at your own pace today — around the block or even inside.

花20分钟舒服地走一走。室内外皆可。

6. Bonus Topic: Good Mood, Good Immunity — How to Reset Emotionally

Smiling—even when forced—sends a signal to your brain to release feel-good chemicals. Laugh out loud at least once a day. Emotionally balanced people fall sick less often.

即使勉强微笑，也会向大脑发送“快乐”的信号，释放正向化学物质。每天开怀大笑一次，情绪稳定者更少生病。

6. Bonus Topic: Healing Soup of the Day — TCM's Pick

Try a simple “Lotus Root & Peanut Soup” with pork bones. It nourishes lungs, improves skin, and supports digestion. Drink warm, not hot.

推荐“莲藕花生排骨汤”，滋润肺部、美肤养颜、健脾助消化。温热饮用，效果更佳。

7. Bonus Topic: Foot Circulation Trick Before Bed

Soak feet in warm water with a few slices of ginger or orange peel for 10 minutes before sleeping. It promotes circulation, calms the heart, and helps with deeper sleep.

睡前用温水加几片姜或橙皮泡脚10分钟，有助于促进血液循环、安神助眠。

8.Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】Daily: medicine, health, gentle voice. 每日：服药、



A smiling grandmother and her granddaughter sit on the floor, joyfully working on a colorful jigsaw puzzle together in a cozy living room

一位笑容满面的祖母与孙女坐在地上，在温馨的客厅里一起快乐地拼图，享受温暖的亲子时光。

DAY 11

1. Health Tip 健康小贴士

Eat at regular times. It helps digestion and keeps your energy steady.

定时用餐有助于消化与维持体力，别跳过正餐或太晚吃。

2. Joke of the Day 今日笑话

Why don't we tell secrets at dinner?

Because the potatoes have eyes and the corn has ears!

为什么吃饭时不能讲秘密？

因为土豆有“眼睛”，玉米有“耳朵”！

3. Wellness Story 健康故事

Breakfast is Fuel

Uncle Lim used to skip breakfast and feel dizzy. His doctor said: "Breakfast is fuel for the day." Now he eats something light and feels more alert.

早餐是能量：林叔叔不吃早餐常头晕，医生说早餐是“燃料”，现在他每天吃一点，精神好多了！

4. Daily Challenge 每日挑战

Stick to regular meal times today. Set reminders if needed!

今天定时用餐，如有需要可设闹钟提醒。

5. Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】 Daily: medicine, health, gentle voice. 每日：服药、健康、温柔语音。



“An elderly couple sits quietly on a wooden deck by a calm river, surrounded by golden autumn trees. The peaceful scene captures a moment of reflection and togetherness in nature.

一对老年夫妇静坐在河边的木平台上，四周是金黄的秋叶，河水宁静如镜。画面温馨安详，展现了自然中的陪伴与静思时光。

DAY 12

1. Health Tip 健康小贴士

Drink enough water. Your body needs it to stay active and alert.

多喝水，有助于维持活力与清醒状态。

2. Joke of the Day 今日笑话

Why did the bottle of water apply for a job?

Because it wanted to be part of the workforce!

为什么那瓶水去找工作？

因为它想成为“活力”团队的一员！

3. Wellness Story 健康故事

Slow Lunch, True Joy

Mr. Tan used to eat quickly. One day he slowed down and discovered flavor, peace, and happiness.

慢吃的快乐：陈先生决定细嚼慢咽后，发现食物更香、心情更平静。

4. Daily Challenge 每日挑战

Slow down when you eat. Chew slowly and appreciate every bite.

今天吃饭慢慢来，每口咀嚼20次，细品滋味。

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A tranquil riverside scene featuring four moored boats with blue and purple covers, painted in watercolor. The boats are gently docked by a wooden pier, with reflections on the calm water. In the background, green fields and distant trees fade into a vibrant sky.

这是一幅宁静的水彩画，描绘了四艘停靠在码头的小船，部分覆盖着蓝紫色的帆布。平静的河面映出船只倒影，背景是绿色的田野与远处的树林，天空色彩鲜艳，充满生气。

DAY 13

1. Health Tip 健康小贴士

Don't eat too fast! Slow eating improves digestion and gives your body time to enjoy.

吃饭不要太快！胃没有牙齿，嘴巴要负责好好。

2. Joke of the Day 今日笑话

Why did the chewing gum cross the road?

Because it was stuck to the chicken's foot!

为什么口香糖过马路？

因为它粘在鸡脚上。

3. Wellness Story 健康故事

Auntie Lucy's Promise

She often had stomach pain. Her granddaughter made her promise to chew 20 times per bite. Now she eats slower and feels better.

露西姨的改变：孙女提醒她慢慢吃，每口20下，她现在胃不痛，还更开心了。

4. Daily Challenge 每日挑战

Chew each bite 20 times at lunch or dinner. Bonus: Put down your spoon between bites.

午餐或晚餐每口咀嚼20次,

Continuing from Day 13, here are Days 14 to 20 from Health and Wellness Together:

5. Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】Daily: medicine, health, gentle voice. 每日: 服药、健康、温柔语音。



“Gratitude in Bloom” – This painting was lovingly created by the author on 10.07.2024 to thank his wife who cared for him when he was very sick and weak. The bright red flowers symbolize great hopes, while the yellow blossoms express joy and warmth from her care.:

感激之花

《花开感恩》——此画由作者于2024年7月10日亲手绘制，献给在他重病虚弱时细心照料他的太太。鲜红花朵象征着重燃的希望，黄色花朵传达出温暖与感激之情。

DAY 14

1. Health Tip 健康小贴士

Practice gratitude each morning. A thankful heart reduces stress, improves sleep, and strengthens relationships.

每天早晨练习感恩，有助减压、提升睡眠与增进人际关系。

2. Joke of the Day 今日笑话

Why don't ants ever get sick?

Because they have tiny anty-bodies!

为什么蚂蚁不会生病？

因为它们有“蚂蚁体”！（免疫力）

3. Wellness Story 健康故事

Uncle Hafiz and His Notebook

He used to complain in the morning. His niece gave him a notebook to write down one good thing each day. Now, every page is filled with joy.

哈菲兹叔叔的笔记本：每天写下一件小确幸，从“还活着”开始，心情大不同！

4. Daily Challenge 每日挑战

Write or say aloud 3 things you are thankful for today.
Bonus: Share one with a friend.

写下或说出今天你感恩的三件事。加分：分享给朋友！

5. Audio | 语音 Paste your daily audio recording here.
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语音。



“Healthy Habits Start Young” – Children from diverse backgrounds enjoy a balanced school meal with vegetables, fruits, milk, and conversation. A joyful reminder that nutritious food and friendship go hand in hand.

《健康从小养成》——来自不同背景的孩子们在学校享用营养均衡的午餐，包括蔬菜、水果和牛奶，同时开心交谈。营养与友情相伴，是健康成长的重要一环。

WEEKLY WELLNESS CHECKLIST

每周健康打卡表

		M	T	W	T	F	S
1	Drank enough water 喝足水						
2	Laughed or smiled 笑了						
3	Moved or stretched 活动身体						
4	Ate fruits & veg 吃蔬果						
5	Kind thought or words 好念头或说话						
6	Rested eyes & deep breath 休息眼睛深呼吸						
7	Kept good posture 享受当下						
8	Thanked my body 感谢身体						



**Uncle Al takes care of
your wellness!**

健康从一点一滴开始, 关心您, 以及关心您的人

(Fold it, carry it. tick it — small habits, big difference!)

(每天打个勾, 喝杯水, 笑一笑, 让身体和心灵都开心!)

DAY 15

1. Health Tip 健康小贴士

Spending time with friends improves your mood, memory, and heart health. Laughter and companionship are natural medicine.

朋友相聚能提升心情、增强记忆，有益心脏健康。

2. Joke of the Day 今日笑话

Why did the tomato turn red?

Because it saw the salad dressing!

番茄为什么脸红？

因为它看到沙拉在“穿衣服”！

3. Wellness Story 健康故事

Auntie Jean's Sundays

After retirement, Auntie Jean stayed home daily until her classmates invited her for kopi. Now she meets someone weekly and says her “heart feels 30 years younger.”

珍姨的星期天：同学聚会让她重新找回青春的快乐。

4. Daily Challenge 每日挑战

Call or message a friend, or invite someone for tea.

Bonus: Share a memory or a laugh.

联络朋友喝茶或聊天。加分：一起笑一笑，回忆旧时光。

5. Bonus Topic: How to Listen to Your Body's Warning Signs

Fatigue after eating, afternoon headaches, or waking at 3 AM often signal imbalance. Don't ignore repeated patterns — they are your body's early alarm system.

饭后疲倦、午后头痛、凌晨三点醒来等现象，常是身体失衡的信号。反复出现的症状，正是身体在发出预警。

6. Bonus Topic: Easiest Walking Routine for Daily Energy Boost

Walk 100 steps after meals slowly, breathe through the nose, and swing arms gently. This aids digestion, clears the mind, and strengthens internal organs.

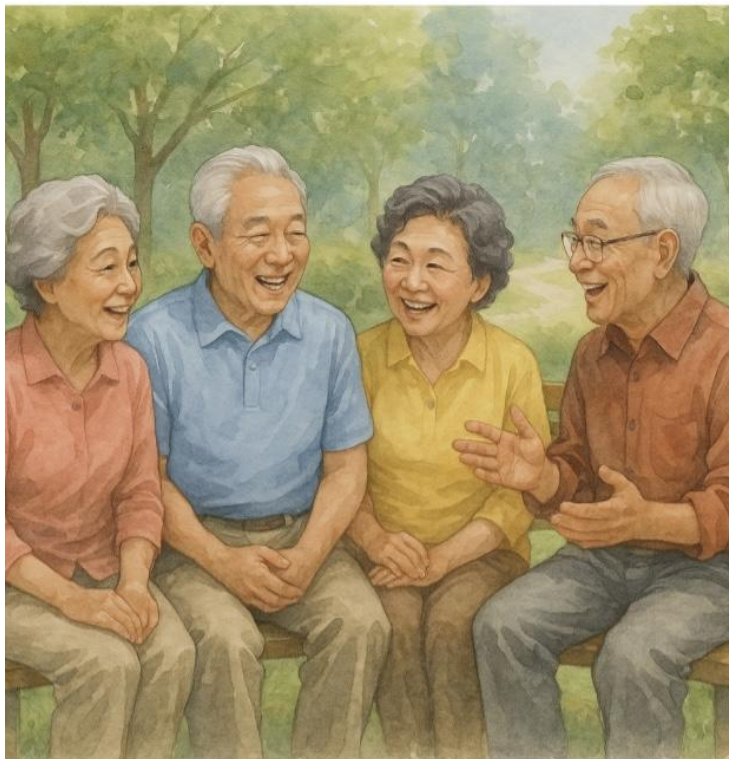
饭后慢走百步，鼻吸口闭，轻摆双臂，有助于消化、清醒脑、强健内脏功能。

7. Bonus Topic: One Symbol That Reminds You to Care for Yourself

Place a small heart symbol near your mirror, watch, or phone. Let it remind you to take one caring action for yourself each day—drink water, stretch, smile.

在镜子、手表或手机旁贴一个小心形符号，提醒自己每天做一件关爱自己的小事——喝水、拉伸、

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A cheerful watercolor painting of four elderly friends sitting on a bench in a lush green park, enjoying

conversation and laughter. Their warm expressions reflect joy, friendship, and a deep sense of companionship.

这是一幅温馨的水彩画，描绘了四位年长的朋友在绿意盎然的公园长椅上欢笑畅谈。他们的笑容洋溢着喜悦、友情与深厚的陪伴情感。

DAY 16

1. Health Tip 健康小贴士

Don't skip breakfast! Even something simple gives your body energy and supports brain function.

不要空腹出门，早餐再简单也胜过不吃。

2. Joke of the Day 今日笑话

What did the toast say to the egg?

“You crack me up!”

吐司对鸡蛋说了什么？

“你真让我笑裂了！”

3. Wellness Story 健康故事

Mr. Goh's New Habit

He used to have only coffee and felt tired by 10am. Now he adds a boiled egg and banana — “Breakfast is my new best friend.”

吴先生的早餐转变：一颗蛋一根香蕉，让他早上精神多了！

4. Daily Challenge 每日挑战

Start your day with a real breakfast. Bonus: Eat with someone and share a smile.

今天早上吃点真正的早餐, 加分: 与人共食, 分享笑容。

5. Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】Daily: medicine, health, gentle voice. 每日: 服药、健康、温柔语音。



“A middle-aged man is walking under the hot sun along a pedestrian path with a towel around his neck. His posture shows determination and physical exertion, highlighting the importance of perseverance and staying active even in challenging weather.

一位中年男子在烈日下沿着人行道行走，脖子上搭着毛巾。他的步伐坚定，神情专注，展现出在酷热天气中坚持锻炼的毅力与积极的生活态度。

DAY 17

1. Health Tip 健康小贴士

Protect your eyes. Rest them every 30 minutes, blink often, and look far away.

保护眼睛，每30分钟休息，常眨眼，多看远。

2. Joke of the Day 今日笑话

Why did the smartphone go to the eye doctor?

Because it lost its contact!

手机为什么去看眼科？

因为它“丢了联系人”！

3. Wellness Story 健康故事

Uncle Chan's Eye Relief

He used to stare at his phone for hours. Now he uses the 20-20-20 rule and feels less eye strain.

陈叔叔护眼法：“每20分钟，看20英尺远，20秒”，眼睛舒服多了。

4. Daily Challenge 每日挑战

Practice the 20-20-20 rule today. Bonus: Close your eyes and breathe deeply 3 times.

每20分钟望远20秒，加分：闭眼深呼吸三次

5. Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】Daily: medicine, health, gentle voice. 每日：服药、健康、温柔语音。



A peaceful riverside path lined with blooming pink flowers and lush greenery. The calm river reflects the trees along the opposite bank, creating a serene and natural atmosphere perfect for a morning walk or quiet reflection.

这是一条宁静的河畔小径，道旁盛开着粉红色的花朵，绿意盎然。平静的河水映出对岸的树影，营造一个适合晨间散步或静心沉思的自然氛围。

DAY 18

1. Health Tip 健康小贴士

Keep joints moving! Gentle exercises like walking, stretching, or tai chi reduce stiffness.

保持关节活动，轻柔运动防僵硬。

2. Joke of the Day 今日笑话

Why did the skeleton go for a walk?

Because he wanted to stretch his legs!

骷髅为什么去散步？

因为他想“伸展骨头”！

3. Wellness Story 健康故事

Auntie Lan's Dance Routine

She used to complain about stiff knees. Now, she stretches before breakfast and even dances while brewing kopi.

兰姨的快乐拉筋法：每天伸展动作+音乐，膝盖更灵活了！

4. Daily Challenge 每日挑战

Do 3 morning stretches — shoulders, arms, knees.
Bonus: Add soft music.

起床后做3个伸展动作, 加分: 放轻音乐一起做

5. Audio | 语音 Paste your daily audio recording here. 请
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语音。



A lively neighborhood wet market scene in Singapore,
showing residents carrying grocery bags and interacting
in a friendly atmosphere. Fresh vegetables are neatly

displayed at stalls on both sides, with a food centre above the central staircase between HDB blocks.

这是新加坡社区巴刹的热闹场景，居民提着菜篮，笑容满面地穿梭其间。两旁摊位整齐地摆放着新鲜蔬菜，中间楼梯通往二楼的小贩中心，周围是组屋楼群，体现出亲切的邻里文化和生活气息。

DAY 19

1. Health Tip 健康小贴士

Cut down on sugar. Too much increases diabetes risk and affects energy.

减少糖分摄取，保护血糖和体力。

2. Joke of the Day 今日笑话

Why don't sugar cubes ever get into fights?

Because they always try to stay sweet!

为什么方糖从不打架？

因为它们总是“保持甜美”！

3. Wellness Story 健康故事

Uncle Ravi's Teh Kosong Habit

He loved sweet teh tarik. After a health warning, he switched to plain tea with lemon — “I miss the sugar, but not the sleepiness!”

Ravi叔叔的饮茶转变：戒糖后，他感觉更清醒有精神了！

4. Daily Challenge 每日挑战

Replace one sweet drink with plain water or unsweetened tea. Bonus: Check the sugar label!

今天改喝无糖饮料，加分：看看糖分标签，可能会吓一跳！

5. Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】Daily: medicine, health, gentle voice. 每日：服药、健康、温柔语音。

For calm and wellness —
find peace in nature.



门前有绿，脚下有抚心灵。

“For calm and wellness – find peace in nature.”“门前有绿，脚下有抚心灵。”This serene watercolor scene of a still lake sunrise evokes a deep sense of calm. The wooden dock invites quiet reflection, while soft skies and surrounding greenery remind us that stepping into nature—even in thought—can lower blood pressure, reduce anxiety, and promote lasting emotional wellness.

一幅柔和的水彩画描绘了湖畔日出的宁静画面，木栈道通向湖心，仿佛在召唤我们静静沉思。晨光与绿意交融，提醒我们哪怕只是想象自然，也能舒缓血压，减轻焦虑，带来持久的

DAY 20

1. Health Tip 健康小贴士

Keep your mind active! Reading, puzzles, conversations, and learning help memory and mood.

动脑有助记忆力、情绪与快乐，是长寿秘诀！

2. Joke of the Day 今日笑话

Why did the book join the gym?

Because it wanted to work on its “spine”!

书本为什么去健身？

因为它想锻炼“脊柱”！

3. Wellness Story 健康故事

Auntie Siew's Puzzle Time

She used to play sudoku alone. Now she plays word games with her granddaughter and says, “My brain feels younger — and so does my heart.”

秀姨的字谜时间：和孙女一起动脑又动心，乐趣翻倍！

4. Daily Challenge 每日挑战

Do one brain activity today: read, puzzle, or learn a new word. Bonus: Teach it to someone.

今天动动脑：读书、解谜、学新词。加分：教他人。

5. Bonus Topic: The Power of Spleen and Stomach in Your Health

In TCM, the spleen and stomach are the foundation of postnatal energy. Weak digestion leads to fatigue, foggy mind, and poor immunity. Strengthen them with warm, cooked foods.

中医认为，脾胃为后天之本，脾弱则乏力、头昏、免疫差。少吃寒凉，多食温热熟食，有助于健脾养胃。

6. Bonus Topic: A Herbal Tea to Try This Week

Chrysanthemum-Goji tea: Soak 6 goji berries and 3 chrysanthemum flowers in hot water. It supports liver, brightens eyes, and eases stress. Avoid cold drinks.

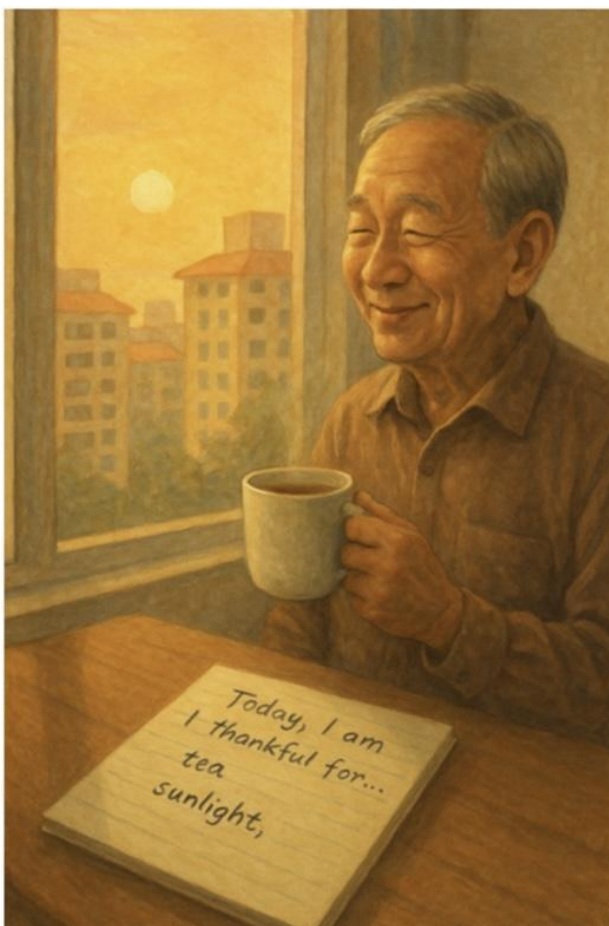
推荐“菊花枸杞茶”：热水冲泡6粒枸杞、3朵菊花，有助养肝明目、舒缓情绪。避免饮用冷饮

7. Bonus Topic: 3-Second Touch to Calm the Mind (Ear or Palm Point)

Press gently on the center of your palm or the top rim of your ear for 3 seconds while breathing slowly. These points calm the heart and reduce anxiety.

轻压掌心中央或耳轮上缘3秒，配合慢呼吸，可安神宁心、缓解焦虑。

8.Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】Daily: medicine, health, gentle voice. 每日: 服药、健康、温柔语音。



An elderly man sits peacefully by the window at sunrise, holding a warm cup of tea and smiling with contentment. On the table, a note reads: "Today, I am thankful for... tea, sunlight."

一位老人安坐窗边，手捧热茶，沐浴在晨光中，脸上洋溢着满足的微笑。桌上写着：“今天，我感恩……茶、阳光。”

DAY 21

1. Health Tip 健康小贴士

Spend time in nature. A walk in the park, looking at trees, or listening to birds can calm your mind and lift your mood.

亲近自然有助平静心情、减轻压力、提升情绪。

2. Joke of the Day 今日笑话

Why did the tree go to therapy?

Because it had too many “branches” of issues!

树为什么去看心理医生？

因为它“枝节太多”！

3. Wellness Story 健康故事

Auntie Tan's Leafy Friends

She felt anxious staying indoors. Her daughter said, “Go look at trees.”

Now she walks around the garden daily and says, “These leaves are my friends!”

陈阿姨的树叶朋友：看树、听风，每日十分钟，焦虑就减了。

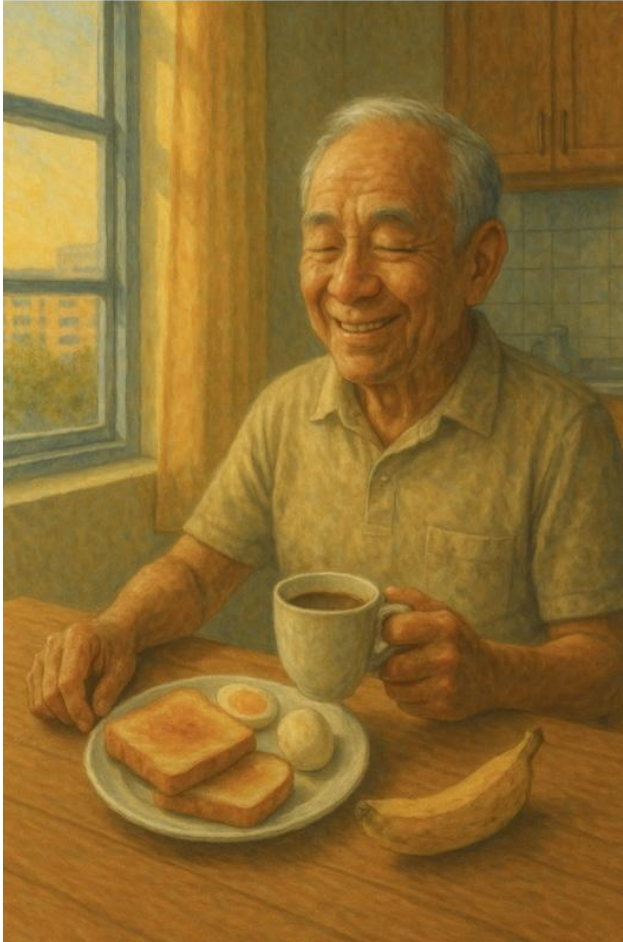
4. Daily Challenge 每日挑战

Take 10 minutes outdoors today. Walk near trees or sit quietly in nature.

Bonus: Smile at someone on the way.

今天花10分钟接触自然, 加分: 向一路人微笑。

5. Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】Daily: medicine, health, gentle voice. 每日: 服药、健康、温柔语音。



A warm morning, a simple meal, a joyful heart. Breakfast doesn't have to be fancy — just nourishing. A cup of coffee, toast, egg, and banana can start the day right, especially when served with a smile. Let elders enjoy

quiet mornings and balanced meals for better digestion and brighter moods.

温暖的早晨，简单的一餐，快乐的心情。早餐不需复杂，一杯热饮、几片烤面包、一颗蛋和香蕉，就能让长者健康迎接新的一天。早晨宁静，饮食均衡，有助于消化，也让心情更加愉快

WEEKLY WELLNESS CHECKLIST

每周健康打卡表

		M	T	W	T	F	S
1	Drank enough water 喝足水						
2	Laughed or smiled 笑了						
3	Moved or stretched 活动身体						
4	Ate fruits & veg 吃蔬果						
5	Kind thought or words 好念头或说话						
6	Rested eyes & deep breath 休息眼睛深呼吸						
7	Kept good posture 享受当下						
8	Thanked my body 感谢身体						



**Uncle Al takes care of
your wellness!**

健康从一点一滴开始, 关心您, 以及关心您的人

(Fold it, carry it. tick it — small habits, big difference!)

(每天打个勾, 喝杯水, 笑一笑, 让身体和心灵都开心!)

DAY 22

1. Health Tip 健康小贴士

Practice balance! Standing on one leg daily improves coordination and reduces fall risk.

每天练习单脚站立几秒钟，有助协调和平衡，预防跌倒。

2. Joke of the Day 今日笑话

Why don't acrobats ever fall?

Because they always stay on point!

杂技演员为什么不会跌倒？

因为他们“平衡得刚刚好”！

3. Wellness Story 健康故事

Uncle Lim's Toothbrush Balance

After tripping, his doctor told him to practice balance.

Now he stands on one leg while brushing teeth.

“Better to wobble now than tumble later.”

林叔叔的刷牙平衡术：早上刷牙时练习单脚站，平衡感提升了！

4. Daily Challenge 每日挑战

Try standing on one leg for 10 seconds on each side today.

Bonus: Do it while brushing your teeth.

今天试试单脚站立各10秒，加分：刷牙时一起做！

5. Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】Daily: medicine, health, gentle voice. 每日：服药、健康、温柔语音。



Health Message:

“Paddle with Purpose, Flow with Strength”

Boating on the Kallang River blends physical strength with mental clarity. As the young man glides through the water, he builds stamina, coordination, and peace of mind. Outdoor sports not only train the body, but also connect us with nature, rhythm, and resilience.

健康信息：

“划桨向前，心身合一”

在加冷河上划船，融合了体能锻炼与心灵宁静。青年专注前行，不仅增强耐力与协调性，也享受自然的节奏与流动。户外运动强健身体，也磨练意志，是现代生活中重要的健康之道。

Day 23

Big Dreams Start Small

伟大的梦想，始于微小的开始

1. Joke of the Day

Q: What do you call a sleeping bull?

A: A bulldozer!

每日笑话

问：什么叫睡着的公牛？

答：推土机！（英文谐音：bull-dozer）

2. Health Tips 健康贴士

Don't wait for the perfect day to begin. A big transformation always starts with one small step — drink one more glass of water, take a short walk, or simply stretch in your chair. Small actions grow into strong habits!:

不要等“完美的一天”才开始改变。每一次大的转变，都从一个小小的开始做起——多喝一杯水、散步十分钟，或是坐着拉拉筋。小动作，也能变成大习惯！

3. Challenge of the Day

Write one small thing you want to improve in your health. Start it today, no matter how small.

写下一件你想改善的健康小事，从今天就开始实践，无论多小！

4. Challenge Story

Uncle Lim, age 75, used to struggle getting out of bed. One day, he promised himself to walk to the nearby mailbox every morning. It was just a 3-minute walk. After one month, he added a walk to the coffee shop. Three months later, he was walking 5,000 steps a day — stronger, more cheerful, and inspiring his neighbors to join him.

75岁的林叔叔，以前每天起床都很吃力。有一天，他对自己承诺：每天早上走到附近的信箱，只需三分钟。一个月后，他增加到走到咖啡店。三个月后，他每天走上五千步，身体更强壮，心情更愉快，还激励邻居们一起走出家门。

5. Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】Daily: medicine, health, gentle voice. 每日：服药、健康、温柔语音。



Health Message:

A cheerful elderly man sweeps his corridor as morning sunlight pours in — a quiet moment of routine, care, and grace.

阳光洒落长廊，老人微笑扫地，一幕温馨宁静的日常，流露出生活的从容与关爱。

Day 24

1.Health Tip 健康贴士

Drink warm water before breakfast to awaken your organs gently.

Cold drinks may stress digestion. A simple habit like this supports long-term gut health.

早餐前喝一杯温水，轻柔唤醒身体器官。

冰饮可能加重消化负担，简单的好习惯有助于肠胃长期健康。

2.Daily Joke 今日笑话

Wife: Why are you standing at the fridge with your eyes closed?

Husband: I'm choosing my snack with my inner vision.

太太：你为什么闭着眼睛站在冰箱前？

丈夫：我在用内心的视觉选零食。

3.Short Story 小故事

An elderly uncle quietly donated every week at the temple. One day, a child asked him why he gave so much when he had so little.

The uncle replied, "I'm not giving money, I'm giving thanks."

一位老伯每周都在庙里默默捐款。一天，一个孩子问他：“您自己生活清苦，为什么还要捐这么多？”

老伯微笑回答：“我捐的不是钱，是感恩。”

4.Daily Challenge 每日挑战

Can you do one thing today without expecting anything in return?

今天你能做一件不求回报的事吗？

5. Voice Audio Link 音频链接

[Insert link to Chinese audio recording here]



Three rock climbers—two women and one man—are scaling a vertical cliff face using safety harnesses and ropes. The rugged rock wall contrasts with the lush green forest in the background, highlighting a challenging yet invigorating outdoor adventure.

三位攀岩者(两女一男)正在借助安全绳索和吊带攀爬陡峭的岩壁。粗犷的石壁与背景中的茂密森林形成鲜明对比, 展现出一场充满挑战与活力的户外探险。

Day 25

Stand Tall, Stay Strong

站得直，精神足

1. Healthl Tio 健康贴士

Stand tall — posture builds strength and confidence.

站姿挺直有助于增强体力与自信心。

2. Joke of the Day 今日笑话

Q: Why did the skeleton go to posture class?

A: To bone up on standing tall!

问：为什么骷髅要去上站姿课？

答：为了“骨”强站立！（英文双关语：bone up = 加强学习）

3. Challenge Story 挑战小故事

Mr. Tay's granddaughter once wrote him a note:

“Stand proud, Gong Gong!”

From that day on, he practiced walking tall every morning. Two months later, he felt more balanced, energized, and even younger.

郑先生的孙女曾写了一张纸条给他说：

“公公，要骄傲地站着！”

从那天开始，他每天早上都练习挺胸走路。两个月后，他觉得自己更稳、更有活力，连气色也年轻了不少。

4. Daily Challenge 每日挑战

Do 5 minutes of posture practice — stand tall, shoulders relaxed, chin level.

练习五分钟站姿训练——身体挺直，肩膀放松，下巴平。

5. Bonus Topic: Let Laughter Heal — Fun Brain-Body Connection

Laughter increases oxygen intake, lowers stress hormones, and boosts immunity. Watch a funny video or recall a silly moment—make it part of your wellness routine.

笑能增加氧气吸入，降低压力荷尔蒙，增强免疫力。每天看一段笑片或回忆趣事，让笑成为你的健康习惯。

6. Bonus Topic: Stretch Like a Cat — What It Does for Your Organs

Do a gentle cat-like stretch upon waking—raise arms, arch back, and yawn. This motion activates blood flow to the spine, lungs, and digestive organs.

起床时像猫一样伸展——举臂、拱背、打哈欠，这能激活脊椎、肺部及消化器官的血液循

7. Bonus Topic: Eat Slowly, Live Longer

Chew each bite at least 15 times. Slow eating improves digestion, reduces overeating, and signals the brain to feel full in time.

每口饭咀嚼至少15次，慢吃有助于消化、避免暴食、及时产生饱足

8.. Audio | 语音 Paste your daily audio recording here.
请在此粘贴每日语音录音。【Blue link / QR 链接】Daily:
medicine, health, gentle voice. 每日：服药、健康、温柔
语音。



A group of schoolchildren are studying together in a bright and cheerful classroom. They come from different backgrounds—reflecting diversity in culture, family, and life experiences. Each child is focused on learning, symbolizing hope for a better future built on shared knowledge and unity.

一群来自不同背景的学生在明亮愉快的教室里一起学习。他们代表着文化、家庭和人生经历的多样性。每位孩子都专注于学习，象征着以知识和团结共建美好未来的希望。

Day 26

Listen to Your Body

听从身体的声音

1. Health Tip | 健康贴士

Your body gives signals — pain, fatigue, thirst — don't ignore them. Rest when tired, drink when thirsty, seek help when unwell.

身体会发出信号——疼痛、疲劳、口渴，不要忽视。累了就休息，渴了就喝水，不舒服就寻求帮助。

2. Joke of the Day | 今日笑话

Doctor: "You need more rest."

Patient: "I agree. Can you call my boss and tell him that?"

医生：“你需要多休息。”

病人：“我同意。你能帮我打给老板说一声吗？”

3. Challenge Story | 挑战故事

Mr. Wong ignored his shoulder pain until he couldn't lift his arm. After visiting a doctor and doing regular therapy, he recovered — and now pays attention to every ache.

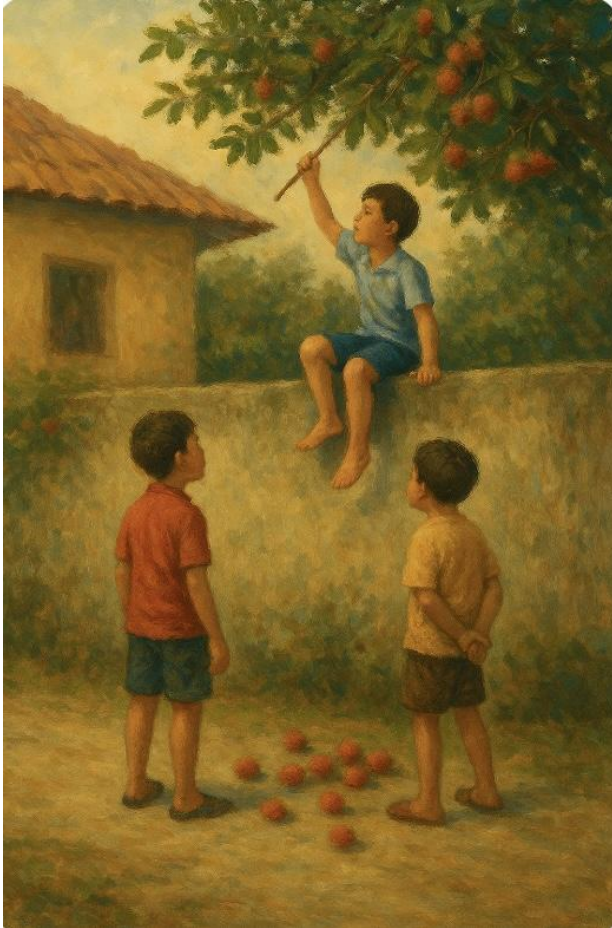
黄先生一开始忽略了肩膀的疼痛，直到手抬不起来。就医并坚持复健后，他康复了，现在更加注意身体的每一个信号。

4. Daily Challenge | 每日挑战

Check in with your body now. Are you tired? Thirsty? In pain? Respond kindly — take a rest, drink water, or stretch gently.

现在感受一下你的身体：你累了吗？渴了吗？哪里痛吗？请善待自己——休息、喝水或轻轻伸展

5. Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】Daily: medicine, health, gentle voice. 每日：服药、健康、温柔语言。



A nostalgic painting of childhood in a village, showing a barefoot boy sitting on a wall using a stick to pluck rambutans from a tree, while two other boys watch below. The scene evokes warmth, playfulness, and memories of kampong life.

这幅画描绘了乡村童年的温馨回忆：一个赤脚男孩坐在围墙上，用棍子摘取树上的红毛丹，地上已经掉落了许多果实，另两位男孩在墙下仰望，充满童趣与浓浓的甘榜情怀。

Day 27

1. Health Tip | 健康贴士

Smiling reduces stress, improves immunity, and helps the body heal. Even a small smile can lift your mood and other's.

微笑能减压、增强免疫力、促进身体康复。哪怕是一个小小的微笑，也能提升自己和他人的心情。

2. Joke of the Day | 今日笑话

Dentist: "You only need to brush the teeth you want to keep."

Patient: "Then I'll brush just the front two!"

牙医：“你只需要刷你想留下的牙齿。”

病人：“那我只刷前面两颗！”

3. Challenge Story | 挑战故事

Auntie Siew lost her husband and seldom smiled. Her granddaughter began telling her a joke every day. Slowly, Auntie Siew started

smiling again — and her energy returned too.

秀姨失去丈夫后，很少微笑。她的孙女每天讲一个笑话逗她笑。渐渐地，秀姨又笑了，精力也恢复了

Today's Challenge 今日挑战

Look in the mirror and smile at yourself for 10 seconds. Then smile at three people today.

照镜子对自己微笑10秒钟。然后，今天对三个人微笑。

5. Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】Daily: medicine, health, gentle voice. 每日：服药、健康、温柔语音。



A black-and-white photo showing four elderly individuals enjoying a lively game of table tennis indoors. Their smiles and focused expressions capture the joy of active aging and social connection through sport.

这是一张黑白照片，展现四位年长者在室内愉快地打乒乓球。他们脸上的笑容和专注的神情传达出积极乐龄与运动中建立的社交联系与欢乐。

Day 28

Eat Light at Night

晚餐宜清淡

1. Health Tip | 健康贴士

Eating too much at night burdens your digestion and affects your sleep. Choose light, warm, and easy-to-digest meals for dinner.

晚餐吃得太多会加重肠胃负担，影响睡眠。应选择清淡、温热、易消化的食物。

2. Joke of the Day | 今日笑话

Wife: "I cooked something special tonight."

Husband: "Is it edible?"

妻子：“今晚我做了特别的晚餐。”

丈夫：“能吃吗？”

3. Challenge Story | 挑战故事

Uncle Ravi used to eat heavy suppers and suffered from heartburn. After switching to light porridge and herbal tea at night, his sleep improved and his stomach pain stopped.

拉维叔叔以前晚餐吃得太油腻，常常胃痛。后来改吃清粥和花草茶，睡眠改善了，胃也不再痛了。

4. Daily Challenge | 每日挑战

Tonight, eat before 7pm. Choose a light meal like porridge, soup, or steamed vegetables.

今晚7点前吃晚餐，选择如清粥、汤或蒸菜等清淡食物。

5..Audio 语音 Place your audio recording here 将录音置于此 (blue link QR code)。



A joyful morning in the park—Grandpa stretches for health, while his granddaughter offers him water with love.

清晨公园里，爷爷做操健身，孙女递上水瓶，满满关爱与温情。

Day 29

Rest is Strength

休息是力量

1. Health Tip | 健康贴士

Good rest isn't laziness — it's recovery. Take short breaks during the day, and avoid overworking. A well-rested body heals faster and thinks clearer.

良好的休息不是懒惰，而是恢复。每天中途适当休息，避免过度劳累。休息好，身体恢复快，头脑也更清晰。

2. Joke of the Day | 今日笑话

Boss: "You're late again!"

Staff: "But I was early for tomorrow!"

老板：“你又迟到了！”

员工：“可是我明天来得早！”

3. Challenge Story | 挑战故事

Mdm. Lim always felt guilty resting. After her doctor explained that her heart needed recovery time, she began scheduling breaks. Her energy improved — and so did her mood.

林太太总觉得休息是浪费时间。医生告诉她，心脏需要恢复的时间。她开始安排定时休息，精神和心情都明显改善。

4. Daily Challenge | 每日挑战

Lie down, close your eyes, and breathe slowly for 3 minutes without any screen or phone.

躺下闭眼，离开手机和屏幕，慢慢呼吸3分钟。

6. Bonus Topic: Mini Journal Reflection — What Improved Since Day 1?

Take a moment to reflect: What healthy habit have you kept? What has improved—sleep, energy, or mood? Writing it down strengthens commitment and self-awareness.

花一点时间反思：你坚持了哪些健康习惯？是否睡眠、精力或心情有所改善？写下来，有助于增强自律和自觉。

6. Bonus Topic: A Picture of Your Favorite Wellness Moment

Find or draw a picture that represents your happiest health moment—walking, eating well, relaxing, or laughing. Place it where you can see it daily.

找一张照片或画一幅画，代表你最快乐的健康时刻——散步、进食、放松或大笑。每天看到它，激励自己继续坚持。

7. Bonus Topic: Who Will You Inspire Next?

Your journey can inspire others. Share one tip with a friend, give them this book, or invite them for a walk. Good health spreads through example.

你的健康旅程可以启发他人。分享一个小贴士、赠送一本书，或邀请朋友散步。健康是最美的传递。

8. Audio | 语音 Paste your daily audio recording here.
请在此粘贴每日语音录音。【Blue link / QR 链接】Daily:
medicine, health, gentle voice. 每日：服药、健康、温柔
语音。



ROAD-SIDE GARDEN

A charming roadside garden bursts with colorful flowers and lush greenery beside a quiet sidewalk, bordered by a white picket fence under a bright blue sky.

一个迷人的路边花园，绿意盎然、鲜花盛开，坐落在宁静的人行道旁，白色的篱笆和蓝天衬托出自然的清新与生机。

Day 30

Stay Active, Stay Bright

动起来，脑更灵

1. Health Tip | 健康贴士

Keep your brain sharp by staying physically and socially active — walk, stretch, chat, or play games with others. Movement keeps the mind young.

经常活动身体和与人交流，有助于保持头脑灵活——散步、伸展、聊天或一起游戏，活动让大脑更年轻。

2. Joke of the Day | 今日笑话

Doctor: “You need to exercise more.”

Patient: “I do! Every time I think of exercising, I run away from the idea!”

医生：“你需要多运动。”

病人：“我有运动啊！每次想到要运动，我就马上跑开！”

3. Challenge Story | 挑战故事

Mr. Tan, age 85, started a daily stretching routine at the void deck after a minor stroke. With persistence and encouragement from his neighbors, he slowly regained

strength and now leads morning warm-ups for other seniors.

85岁的陈先生在中风后每天在组屋楼下做拉伸运动。在邻里的鼓励下，他坚持锻炼，如今已能带领其他长者做晨间热身。

4. Daily Challenge | 每日挑战

Today, take a 10-minute walk and say hello to at least one neighbour or passerby — share a smile and spread some warmth.

每日挑战：

今天请散步10分钟，并向至少一位邻居或路人问好——微笑传递温暖。

5. Bonus Topic: Gift This Book — Spread Health Forward

Health and love grow when shared. If this book helped you, consider gifting a copy to someone you care about—family, neighbour, or elder.

健康与关爱在分享中传递。如果本书对你有帮助，请考虑送一本给你关心的人——家人、邻里或长辈。

6. Bonus Topic: Write Your Own Health Wish Here

Write a short wish to your future self: “May I...” This simple act helps anchor your intention. Fold it, save it, and read it again one month later.

写下你对未来自己的健康祝愿：“愿我……”这个简单的仪式能坚定你的意愿。写好后收藏，一个月后再读一次。

7. Bonus Topic: Plan Your Next 30 Days with These 3 Golden Habits

1. Stretch and smile after waking.
2. Eat slowly and drink warm water.
3. Sleep early and massage your feet.

These 3 habits are simple, free, and powerful.
Start again tomorrow.

4. 起床后伸展并微笑。
5. 慢吃细嚼，饮温水。
6. 早睡泡脚，养身心。

这三项习惯简单、免费、却极有效。明天重新开始。

8. Audio | 语音 Paste your daily audio recording here. 请在此粘贴每日语音录音。【Blue link / QR 链接】Daily: medicine, health, gentle voice. 每日：服药、健康、温



A graceful sailboat glides across calm ocean waters at sunset, with golden light reflecting off the waves. The scene radiates peace, freedom, and the quiet beauty of nature.

一艘优雅的帆船在夕阳下划过平静的海面，金色的光辉映照在波浪上，画面洋溢着宁静、自由与自然之美。

Cultivate Oneself, Regulate the Family, Govern the State, Bring Peace to the World

修身 齐家 治国 平天下

This timeless Confucian teaching reminds us that a harmonious society begins with self-cultivation. From there, we nurture our families with love, lead with wisdom, and bring peace to the world through virtue and care.

*Let us care for others' elders as we care for our own,
cherish others' children as if they were our own,
and be kind, caring, and committed to serving our nation.*

这句儒家经典指出：唯有修身，方能齐家；
家齐而后国治，国治而后天下平。
从内而外，由小至大，逐步实现理想社会的愿景。

让我们关爱他人的长辈，如同关爱自己的父母；
珍惜他人的孩子，如同疼爱自己的儿女；
以善意、关怀和奉献精神，共同服务我们国家。

Health and Wellness Together

健康与幸福同行

As an 84-year-old, seeing frail elders queue early for free medical care, and watching my 8-year-old granddaughter grow up, I stay positive and do my humble part by writing this book to encourage health, love, and community care in Singapore.

我今年84岁，看到年迈老者清晨排队领取免费医疗服务，也看着我八岁的外孙女一天天成长，我以积极心态，尽微薄之力写下这本书，希望激励国人关注健康、关爱他人，建设温馨社会。

Presented to:

by (Name/Company):

(姓名/公司) 敬赠

